



Ryder-Cheshire News

NEWSLETTER OF RYDER-CHESHIRE AUSTRALIA

"For the Relief of Suffering"

FOUNDERS:- Group Captain Lord Cheshire, VC, OM, DSO, DFC: Lady Ryder of Warsaw, CMG, OBE.
NATIONAL PATRON:- Her Excellency Ms Quentin Bryce AC
Governor General of the Commonwealth of Australia

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IN THIS ISSUE

CONTACTS	Page 1
BIENNIAL CONFERENCE	Pages 2 & 3
VALE	Page 3
TIMOR LESTE	Page 4 & 5
EARLY DAYS OF RYDER-CHESHIRE NEWS	Page 5
RAPHAEL	Pages 6 & 7
SPONSORSHIP	Page 10
STATE / SUPPORT GROUP REPORTS	
ACT	Page 8
ADELAIDE FRIENDS	Page 9
BALLARAT SUPPORT GROUP	Page 8
SINGLETON	Page 9
NSW	Page 9
SOUTH AUSTRALIA/MT GAMBIER	Page 8
VICTORIA	Page 8

HOMES SUPPORTED BY RYDER-CHESHIRE AUSTRALIA

AUSTRALIA

Homes are located at **Ivanhoe** in Victoria, **Mt Gambier** in SA, and **Singleton** in NSW

www.ryder-cheshire.org

EAST TIMOR

Klibur Domin – in the village of Tibar

www.klibur-domin.east-timor.net

INDIA

Raphael at Dehradun in northern India

www.raphael-ryder-cheshire.org

RYDER-CHESHIRE AUSTRALIA Members of the Board of Directors

National President & Nat Project Officer (E Timor)	Peter Newton
National Vice-President & RCF NSW President	Chris Hannan
National Treasurer/Company Sec./Public Officer	Peter Colliver
National Secretary	Anthea Swann
RCF ACT President	Beverley Raby
RCF Mt Gambier Home President	Neville Gilbertson
RCF South Australia President	Paul Jenner
RCF Victoria President	Peter McConnell
RCF Victorian Homes President	Dr Don Sinclair
National Project Officer (India)	Melody Smythe

HELPING PROMPT DISTRIBUTION TO HELP RYDER-CHESHIRE

For the past six years, Prompt Distribution Pty Ltd has arranged and paid for the distribution of the Ryder-Cheshire Newsletter to supporters Australia wide and overseas, so saving Ryder-Cheshire Australia around \$12,000 in postage charges, not including the packaging and labour costs. This money has been available for Raphael and Klibur Domin to assist with their operating costs. We are most grateful to David Coath for his valued generosity.

In these tight financial times, Prompt Distribution is looking to gain new business. Ryder-Cheshire asks that any supporter who has a need for logistic services, or knows of some other person or company which may have a need these services, visit Prompt Distribution's website www.prompt.com.au and consider the services offered by the company.

Prompt Distribution is a most efficient and ethical company managed by caring individuals who have given generously to Ryder-Cheshire."

**BIENNIAL CONFERENCE
MT GAMBIER
30 APRIL - 02 MAY 2010**

From Anthea Swann, National Secretary.

After many months of preparation and planning the Ryder-Cheshire Biennial Conference, Mt Gambier 2010, has come and gone. What a great weekend it was – facts, figures and anecdotes - the work of the homes, inspiring speakers, challenges for the future, and good company.

Activities started on Friday evening with a warm welcome at the Civic Centre hosted by the Deputy Mayor Byron Harfield, and another welcome on Saturday morning from Malcolm Anderson of the local Boandik people, and Neville Gilbertson as MC and on behalf of the Conference Organising Committee.

WE WERE FORTUNATE INDEED TO HAVE PRESENT BRIG ANIL SINHA SM (RETD), CEO OF RAPHAEL, AND JOAQUIM SOARES, MANAGER OF KLIBUR DOMIN. They both provided comprehensive and well illustrated presentations about the work of their respective Homes, and the wonderful programs and positive outcomes achieved with fairly minimal resources. For we who do fundraising it is immensely reassuring, and humbling, to know to what use those funds are being put. In both India and East Timor a little goes a long way. Most of us will return re-invigorated to raising the money that is working so hard at Raphael and Klibur Domin, knowing that every dollar does truly make a difference. Johanne Sunnex described for us the uplifting experience of being a volunteer at Raphael.



Left to right, Carolyn Tapley (New Zealand), Joaquim Soares (Klibur Domin), retiring President Don Sinclair, and Brigadier Anil Sinha (Raphael)

President Don stepped off the aircraft and up to the lectern to give a short official address, followed by presentations from Di McEwen and others, to sponsors and several special people.

Short presentations from the Presidents of Ivanhoe and Singleton Homes updated us on their activities. In their communities both are well established, well supported, and fulfilling their aims, while always seeking new donors and volunteers. **Patrick Lewis gave a moving account of the opening of Barbara Cottage at Raphael, and Carolyn Tapley, Chair of the Ryder-Cheshire Foundation Canterbury, told us about changes to the structure of Ryder-Cheshire in New Zealand.** She emphasized the value of co-operative effort.

A thought provoking talk from **Pam O'Connor** about the 30 million year history of the limestone region put us in our place as infinitesimal specks in the march of time. She traced the successive waves of people coming to the area, starting with the aborigines, and continuing to this day as migrants and refugees are made welcome.

Malcolm Kentish talked about the challenges of marketing potatoes in a competitive environment, drawing parallels with organisations competing fiercely for the charity dollar. Innovation, adaptability, creativity – all characteristics we need to adopt if Ryder-Cheshire is to continue to flourish.

We shared a lovely meal on Saturday night in the historic Barn Palais adjacent to the conference venue. Many of our hosts had attended dances there as young adults, and in keeping with the laws of the time had to walk 300 yards down the road in order to imbibe alcohol. As well as the delightful Burmese Karen choir we enjoyed some charming singing and dancing.

INCOMING NATIONAL PRESIDENT PETER NEWTON spoke appreciatively about the fine work done by former National President Dr Don Sinclair, during his 43-years-and-still-going with Ryder-Cheshire, and especially the last eight as National President. Peter presented Don with a book to commemorate his years at the helm of RCA, and we were treated to several anecdotes from Don about his association with Leonard Cheshire.

A highlight of the conference was the video we watched on Sunday morning, about Sue Ryder and her work with Polish people, during and after World War II. Hugh Elphinstone had searched this out, and what a gem it is. Live footage, it gives insight into her character, and shows the profound impact she experienced in her contact with people with disabilities. It was very moving and inspiring.

We wound up with a whirlwind bus tour of the city and its attractions, topped off by a visit to the Mt Gambier Home. This home to five young women with disabilities, is a credit to the hard work and determination of the Mt Gambier team. It is a significant achievement.

Finally lunch, then fond farewells, before people set off for homes near and far.

Our congratulations and thanks to the Mt Gambier Organising Committee of Neville Gilbertson, Paul Jenner, Diane McEwen, Olive Lane and Pat Janz for an excellent Biennial Conference.

It was announced that the next Biennial Conference will be hosted by RCF ACT in 2012. Can't wait!



L to R Jane Gorey, Don Sinclair and Jill Moor of Ivanhoe

ANNUAL GENERAL MEETING OF RYDER CHESHIRE AUSTRALIA

From Anthea Swann, National Secretary.

At the end of the Conference proceedings on Saturday the RCA AGM was held with seven of the eight Directors present, and an additional seventeen observers. Mostly this meeting dealt with routine matters such as receiving reports, but of special importance was the change-over of the **National Presidency from Dr Donald Sinclair OAM, to Peter Newton AO**, who was elected unopposed.



Retiring National President Don Sinclair left, and right, newly elected National President Peter Newton

Don Sinclair has been National President since the last Mt Gambier conference in 2002. During this time he has overseen the introduction of a new constitution and the transformation of the Australian Association of Ryder-Cheshire Foundations to Ryder Cheshire Australia Ltd, as well as having responsibility for the funding decisions that supported the establishment of the Mount Gambier Home. He will continue to serve as President of the Victorian Homes Foundation, Treasurer of RCF Victoria, and a Director of RCA.

Peter Newton has served three years as National Vice-President, twelve years as President of RCF Victoria, and will continue on that committee as Vice-President. He also has a continuing role as National Project Officer (East Timor), and as a Director on the Klibur Domin Board of Management.

The other three RCA office bearers were also elected unopposed: Vice-President Christine Hannan, who is President of RCF NSW, Treasurer, Company Secretary and Public Officer Peter Colliver, and Secretary Anthea Swann.

Newly appointed Directors are Beverley Raby President of RCF ACT, Peter McConnell President of RCF Victoria, and Melody Smythe National Project Officer (India).



VALE

PATRICIA PLAYFORD, *New South Wales Foundation*

We are sad to report that Pat Playford, one of the earlier volunteers at Raphael, died on the 1st of January this year. She was 86 years old.

Pat was a volunteer at Raphael in Dehra Dun for approximately 3 years from 1977 to 1980 – a much longer period than most volunteers.

As a young woman she had trained as both an infant teacher and a nurse – at Concord Hospital – and spent many years of her life generously using her gifts helping the poor and underprivileged all over the world. She spent two years teaching English in church schools in Peru and in Vanuatu and at a Catholic mission in Mount Hagan in Papua New Guinea and in Norfolk Island.

She was a very kind and practical woman and adapted all she had learned to the particular problems of the mentally challenged children at Raphael. She proudly told me once of the way she taught the children to look after their own clothes and not to just grab anything they found to put on. She also taught them how to eat properly in a way acceptable in Indian society and not to just grab food like wild creatures. Some children, who found it particularly difficult to use their hands to eat, she taught to manage a spoon. She also used coloured ribbons to help them identify their own belongings.

Pat left her charges at Raphael as a happy and well-disciplined group and much more manageable for her replacement. She was very much loved there and was greatly missed by the children when she returned to Australia.

She lived in Sydney during her retirement and kept in touch with Barbara Lewis and myself, remaining interested always in the Foundation and being a regular generous donor. Her final gesture of generosity was a bequest to the NSW Foundation. She is sadly missed.

By Jenny Coleman. NSW.

EILEEN STOUT *Ballarat Support Group*

Earlier this year we sadly bade farewell to **EILEEN STOUT**, one of our loyal Committee members, A beautiful service at St Patrick's Cathedral in Ballarat was held to celebrate her life and was attended by many, many friends and family along with community members of the groups that Eileen supported in Ballarat. Eileen was a long time member of Ryder-Cheshire Ballarat Support group. We all miss her friendship and the work she undertook for the organization.

By Dianne McGrath. Ballarat.

GORDON UPTON *Australian Capital Territory*

Gordon was known to many of you and is sadly missed.

We offer our sympathy and condolences
to Mrs Elizabeth Upton and family.

By Beverley Raby. ACT.

NEWS FROM KLIBUR DOMIN

From Peter Newton, National Project Officer - East Timor.



AFTER NEARLY TEN YEARS OF OPERATION, THE RYDER-CHESHIRE HOME IN TIBAR VILLAGE, 15 KM WEST OF DILI HAS MATURED INTO A HIGHLY EFFECTIVE HOME FOR 60 PATIENTS AND RESIDENTS.

KLIBUR DOMIN, which in the local language Tetum means “Sharing Love”, is the name given to the home by the local staff when it was first set up in September 2000. The home is a vastly different place now to the collection of ransacked buildings given to the Ryder-Cheshire Foundation in 2000.

The buildings at Klibur Domin have nearly all been renovated and are now in good condition. The last building to be renovated was the main “ACTIVITIES CENTRE” which serves as a meeting room and a centre for physiotherapy and exercising for the patients and residents. This rehabilitation work is done under the guidance of a trained Australian physiotherapist volunteer who will shortly be joined by an East Timorese physiotherapist and occupational therapist, both of whom are finishing their training in Indonesia in mid 2010.



Their training was arranged and paid for by Ryder-Cheshire as part of the overall sustainability plan for Klibur Domin. The two new graduates will be required to spend a minimum of three years at Klibur Domin in return for their professional training. Meanwhile, two more students will be sent to Indonesia for training to meet future needs at Klibur

Domin and more widely in East Timor. The lack of availability of trained physiotherapists and occupational therapists has always been a problem in East Timor. In 2002, visiting Australian surgeons complained that many of the operations they were performing were a waste of time as there was no follow up rehabilitation or physiotherapy.

Ryder-Cheshire was asked to come up with a programme to train **Rehabilitation Aides** to fill the much needed gap. We responded by sending a total of nine volunteer Australian Physiotherapists to Klibur Domin over the next three years. A course was designed and training given to 10 East Timorese with nursing or disability carer backgrounds. These Rehabilitation Aides were then tasked with working with patients after their operations. The Australian physiotherapists continued to monitor and improve their skills over the next two years. The next logical step was the training of the Timorese physiotherapists and occupational therapists to further increase the skills of the local staff.

The nine remaining permanent residents at Klibur Domin are all elderly and some have mild disabilities. Most of them lived at the home in Indonesian times and suffered terribly in the period after the Referendum on 30 August 1999. When Ryder-Cheshire took over the home, there were eighteen residents living in deplorable conditions. Some of the eighteen have died and others have returned to their



relatives in remote villages. For the nine who remain, life is about to improve, as we will be constructing a new **Residents' Cottage** with ten single bedrooms and its own recreation room. This will bring all the residents together in a modern building, located close to the kitchen and Activities Centre. Klibur Domin is awaiting some additional funding promised by the Embassy of Japan in Dili to commence the construction which we hope will be completed later this year.

Other projects in the pipeline are a **major upgrade of the facilities for detecting and treating Tuberculosis**, including a purpose built Multi Drug Resistant TB (MDR-TB) ward. This particular strain of MDR-TB is extremely contagious and life threatening to anyone unlucky enough to be infected. The duration of the treatment for MDR-TB is two years which is divided into two phases; the intensive phase for 6 months in an isolation ward and the continuation phase for about 18 months in a normal ward at Klibur Domin. The MDR-TB treatment is very complicated and it is sometime very difficult to manage the patient's behaviour because of the side effects of the drugs. Sometimes patients refuse further treatment with dire consequences.

Yet another project proposed in the near future is a **Respite Centre** for the children on the Community Based Rehabilitation CBR programme. **We are treating and supporting more than 80 children with disabilities in villages in adjacent districts on this CBR Programme.** The aim is to bring these children and their carers to the proposed



Respite Centre for several weeks for intensive physiotherapy and special care. They will receive plenty of nutritious food, rest and recuperation and hopefully they will return to their villages much refreshed. Up to five children plus their carers will be at the Centre at any one time.

The Manager of Klibur Domin, **Joaquim Soares**, attended the Biennial Conference in Mount Gambier on 1st and 2nd May and provided an excellent report on the progress at the home and of his future plans. We were delighted to have Joaquim at the Conference and to hear his positive approach to the management of the home.

**VARIETY, The Children's Charity,
and RYDER-CHESHIRE -
WORKING IN PARTNERSHIP TO HELP
THE CHILDREN OF EAST TIMOR**

VARIETY, the Children's Charity is dedicated to inspiring hope and enriching the lives of children, regardless of need, ability or background. It was founded by a group of performers and enjoys a rich history and deep roots in the film and entertainment industry, but its core is the community, providing positive and practical outcomes for children.

With these values, Variety has much in common with Ryder-Cheshire in the work we are doing in East Timor to assist children. So in 2003, Variety provided a most generous donation of \$15,000 to sponsor 15 children's beds at Klibur Domin. Every year since, a similar donation has been made, meaning that over \$100,000 has been contributed to helping the children of East Timor. Variety is our largest regular donor and we are extremely grateful for their ongoing generosity.

SO WHO ARE THESE CHILDREN WE ARE WORKING TOGETHER TO ASSIST?

One early patient was **Fernanda**, a four year old girl suffering from both Tuberculosis and Malnutrition. Fernanda weighed just 11 kilograms when she arrived with her mother. Two months later they returned to their village, with Fernanda a far healthier and happier little girl and weighing 14 kilograms.

Another was **Isildu**, a twelve year old with Juvenile Arthritis. Isildu had been diagnosed two years earlier but not treated. He had been virtually bed-ridden for twelve months before he arrived at Klibur Domin. Within days, Isildu was in a wheel chair and he regained mobility. A week later, Isildu was given a walking frame and, after a few tentative steps, he was back on his feet for the first time in more than twelve months. He stayed on at the Home for many months receiving regular physiotherapy, care and encouragement. He proved to be a very bright boy and, when he left the Home, we knew that he would be able to make the best of his life, despite his disability.

There have been hundreds of success stories like those of Fernanda and Isildu over the past years, but the number would have been far fewer without the wonderful support of Variety, the Children's Charity.



Early Days of Ryder-Cheshire News

An anecdote by Margaret Blaber, South Australia.

In mid 1987 I received a surprising phone call – would I be interested in organising a Newsletter for the Ryder-Cheshire Foundation?

There would be an honorarium. Having retired from full time work as a Secretary and continuing with various secretarial tasks at home, yes I would be interested in adding to "pin money". In half an hour a car arrived and I found myself at the home of Dame Roma Mitchell in East Terrace. I was then introduced to Dame Roma, Leonard Cheshire and Sue Ryder. Wow! I was overawed at being "interviewed". Leonard offered me a cup of coffee and within a very short time I felt completely at ease. I knew nothing about the Ryder-Cheshire organisation but I did know of Leonard Cheshire and his war time record. It was a most unusual "interview", more a conversation about what would be involved and an agreement that a monthly honorarium would be paid. It never was. It did not take me long to realise that the honorarium would be an expense that the organisation could ill-afford and the more I learned about Ryder-Cheshire the more I was happy to take on the task on a voluntary basis. For the next 15 plus years I co-ordinated the Ryder-Cheshire News (trial and error), working from home with an electronic typewriter (no computer), a photocopier, scissors and paste. The first few issues were nothing more than two A4 sheets and a circulation of about 100. When the circulation reached nearly a thousand it was obvious this could no longer be done from a suburban home, with a husband photocopying up to six A4 sheets and arranging postage to readers in Australia, New Zealand, UK and India. A couple of years after the "interview" I received a letter from Leonard thanking me. This is one of my precious possessions. He made me feel that I was somehow worthwhile and special.

Now in 2010 the Ryder-Cheshire News is a very professional publication, thanks to those who have taken it on. I do feel privileged to have been involved and contributed in a small way, and to have met two very special people in Leonard and Sue.

THE SUPREME OPPORTUNIST

By Rev Robert Clifton

" We had left a meeting in the City (of London) at the HQ of one of the Banks. We came back to the car, which was parked behind the Bank. Sue Ryder spotted some rolls of carpet piled up against the bins - obviously thrown out. This was too much for her. "Quick Robert, open the boot and load it in " to Mr Morris – a well known and well respected solicitor in Suffolk who was with us - "You keep watch Mr. Morris while Robert loads up. Quick both of you!". She was the driver of the getaway car. We got the carpet and Mr. Morris spent the journey back musing that he had never before been a look out at a crime, to whether he would be charged with being accessory to the crime of larceny or with larceny itself!

Sue of course was in her element !! "

Contributed by Hugh Elphinstone

RAPHAEL

OPENING OF “BARBARA COTTAGE.” 25 FEBRUARY, 2010

*From Melody Smythe
National Project Officer - India*

The year 2010 has been an auspicious one for me because for the first time I had the opportunity to visit Raphael in Dehradun, India.

Ever since I became a member of the Ryder-Cheshire Foundation in New South Wales, through the encouragement of my very dear friend Barbara Lewis, I have wanted to see Raphael and all the wonderful programs which are made possible by their many dedicated staff and volunteers.

The sad loss of Barbara last year made my journey there a reality this year. The bequest she left Raphael in 2009 was used to repair and make livable, an old cottage within the grounds of Raphael. This cottage was to be the home for four young girls from Raphael to live independently with the assistance of a house mother. Patrick Lewis and the Board agreed that it should be called “Barbara Cottage,” in memory of his beloved wife. Those of us who knew Barbara, would know that this would be just what she would have loved. In fact, I felt that she was there with all of us at the marvellous celebrations prepared by the children, adults and staff of Raphael.

Our small group from Australia who were able to be present comprised Patrick, his and Barb's son Sutomo, Susie his partner and myself. On the morning of the official opening of “Barbara Cottage” we were greeted by the Chairman of the Board, Brijesh Jayal and his wife, as well as the C.E.O. of Raphael, Anil Sinha and his wife. Many other Board members were also present, as well as residents and staff of Raphael. It was a wonderful ceremony as not only were there speeches, but also delightful performances and singing by the children. At one stage the visitors were invited to join in the dancing with the children. Not only was this heart warming, but also great fun!

Finally, before the red ribbon was cut by Patrick to officially declare “Barbara Cottage” open, the priest performed a blessing ceremony. All were then invited inside to meet the four young residents and their house mother, as well as to look around their lovely new home. It was a particularly moving occasion for us all, especially Patrick and Sutomo. The plaque on the front of the cottage reads:-

BARBARA COTTAGE

*In memory of Barbara Coleman Lewis
1931 – 2009*

Life-time Volunteer and Council Member

This is a wonderful and fitting tribute to a truly remarkable person. If any of our members visit Raphael in the future, I am sure they will be as delighted and inspired as we were.

INAUGURATION OF “BARBARA COTTAGE”

From Brigadier Anil Sinha, CEO Raphael.

'Barbara Cottage' was inaugurated by Patrick Lewis, Barbara's husband on the 25th of February in the memory of his wife Barbara Lewis (nee Coleman). The Cottage which was recently renovated and furnished has been befittingly named 'Barbara Cottage'.

In his opening speech the Chairman mentioned that It was very appropriate that the cottage was dedicated to Barbara. In its rudimentary and existing form it was the only building on the forest site when the Founders, along with their early volunteers like Barbara, set foot on the site for the first time. He went on to say that the concept of a memorial to Barbara had been discussed when Dr. Don Sinclair and Air Commodore Peter Newton had visited Raphael during the Golden Jubilee celebrations last year. The idea of a cottage in her memory was approved by Patrick and his family.

The function began with the girls putting up a performance of dance items. We all know that our Raphael children love music and dancing and this forms one of the major fun activities in their lives. The children danced with complete abandon and joy. Patrick, Melody, Sutomo and Susan were persuaded to join in too along with the other children and staff of Raphael. It was very apparent that our visitors enjoyed this tremendously and participated very sportingly.

Air Marshal Jayal concluded his speech by saying that by dedicating the cottage in Barbara's memory the entire Ryder Cheshire families across continents express their gratitude for what Barbara gave to the cause of relief to the suffering. That even though in sentiment the Cottage will belong to the entire Ryder-Cheshire community, Raphael is proud to give her a permanent place in its midst and draw inspiration from her work and life. He thanked Barbara's family and Melody Smythe for taking the time off to participate and especially Patrick who agreed formally to inaugurate Barbara Cottage and support the project.

The chairman narrated a story that Barbara had told him when they met in 2006. She had planned to drive to Delhi taking a challenged child for treatment. John Martyn chivalrously offered to drive her. Barbara, however, chose to drive herself and entrusted John to take care of the child. It was a very harassed John at the end of the drive. He realized what it took to care for a mentally challenged person. This was Barbara's way of sensitizing John to mentally challenged individuals. John later on came to be regarded as a loving father figure around the Raphael Campus and became its first chairman.

Barbara's association as we all know goes back as long as 1959. Her loyalty and support to the Founders and Raphael is well-known and remained steadfast till the end. Dedicated to the ideals and vision of the Cheshires, she led an exemplary life of service to the Foundation.

It was on the earlier barren site of Raphael that Barbara with the others had started their work in tents and caring for those that required help and relief. It was this foundation that these courageous volunteers like Barbara had built which went eventually to establish Raphael as it is today and what it will be in the future. The concept of 'Assisted Living' for children with intellectual disability in an independent cottage with congenial and homely environment was conceived with the aim of enabling the children to live independently but with the close supervision and help of a live-in Housemother. To start with, four girls in the age group of 13 to 15 years have been housed in the cottage. The girls residing in the cottage are Pooja, Aanchal, Komal and Ashu. All the girls are enjoying their new home and are keen to learn to help themselves. With the Housemother, Ahju Tiwari's constant attention, the girls are learning fast and forming a bond with each other. This is a new and a first time project for Raphael. The idea is to eventually expand this concept and have more such units if it proves to be a success. **THE 'BARBARA COTTAGE' INAUGURATION WAS INDEED A MEMORABLE OCCASION FOR ALL OF US AT RAPHAEL.**

MY VISIT TO RAPHAEL

From Johanne Sunnex, Volunteer from South Australia

TO THE PEOPLE OF RAPHAEL, RYDER-CHESHIRE INTERNATIONAL CENTRE, DEHRADUN, INDIA, I HAVE TWO WORDS, PRIDE AND HAPPINESS.

It has been a huge privilege to have had the opportunity to volunteer at Raphael. To fall into bed at night exhausted with this overwhelming feeling of contentment and fulfilment of a day's work is indescribable. Raphael does a wonderful job of nurturing and care-giving to hundreds of residents and day pupils. These are, for sure, the lucky ones.

When you walk under the archway and become part of Raphael you now are living in a structured, busy day where not a moment is lost. Night earplugs are a necessity as the monkeys dance on the mess roof, all vying for the green, unripe guavas that saturate the tree immediate to the mess, and are hell bent on keeping you awake. It is a constant battle between the children and the monkeys on who is going to have a taste of this delicacy. Green, unripe! I tried! Indigestible, but highly sought after.

I wake at 0500 hours; shower - plentiful and hot (if you remember to switch the water cylinder on)! Watch for exposed wiring! Yes, we have a western toilet and toilet paper, but also the choice of bucket and jug. Left hand for personal care, right hand for eating! I hear from home each a.m. - checking in to be sure mum is still in the land of the living. The day begins at 5am for the residents. Personal care, bed making, breakfast, pray, yoga, with the school day and day care centre beginning at 9.30am.

The ratio of carer to residents is about five to sixty. The policy is: show me, teach me and don't do it for me. To stand back and observe the amazing independence of residents is overwhelming. A young girl, wheelchair dependent, will put herself on to the floor and independently, with the use only of her upper body, make her bed, get herself to the toilet and bathing area. This lass dresses herself and puts on her own shoes. An amazing feat, and so happy to do so! The staff allow her this independence.

The bustle of children arriving from the community to join in the Centre's activities begins. Teachers arrive, eager to teach. Greetings are exchanged. Such happy people! I assist in Academic 1 class. The children are grouped according to intellectual ability. We have ten pupils in a very small room, Madhu Mam and me, and constant visitors. Not a lot of room! Half hour teaching blocks of self help, functional reading, communications, art/craft, domestic and music.

Hindi is difficult! I quickly learn one word communication; suno/listen, baitho/sit, acha larka/good boy, bahut barhia/excellent! And a few more to be able to congratulate the students and words relevant to class work. Most speak reasonable English.

What an amazing day. A teacher keen to teach with students desperate to learn! The day finishes at 3.30pm, with having had an hour break for lunch. I am exhausted and I have done nothing! The day never finishes as activities continue. English classes, sporting events, domestic responsibilities, meals, free time, visitors coming and going and yes, time out if that is what is needed. Everything and everyone is well disciplined and time is managed to the precise minute. There is no time to waste!

Food. I am over chapatti, rice and dhal very quickly. Thank God for the Hari Store which caters generously for the western visitors. Chocolate bars, biscuits and Fanta become part of my diet.

I am asked "what were the worst and best things about being in India?". The best by far were the people - such happy people, generous of their time and hospitality. At no time did I feel at risk or unsafe. And the bonus, I didn't get a belly ache! Their culture and environment is so diverse and brought such a huge awareness for me. That I

was made a feel valued for such little in return from myself. I had a lot of free time to travel outside of Dehradun and took every opportunity to venture and experience India. The worst (but that is not the right word) is that I don't feel we are as happy as we should/could be in our lives. I had to put a lot of effort into conserving my rubbish. What I accumulated in a week they gather in a month across the whole of Raphael. So, as you can see, I didn't have much to complain about.

WHY DO I VOLUNTEER? Don't think only billionaires and world leaders can change the world! Anyone with time and energy can make a positive impact, and bonus, all while taking a holiday. It enables you to journey off the beaten path, make friends, learn new skills and feel warm and fuzzy about yourself while doing so.

MY VISITS TO RAPHAEL WERE HUGE; THIS IS ONLY A VERY SMALL INTRO TO RAPHAEL. ANYONE CAN DO IT! BE FLEXIBLE, PROFESSIONAL AND OPEN MINDED, ENSURE YOU LEARN ABOUT THE CULTURE AND GO FOR IT.

Pictures from the Opening of Barbara Cottage



At the opening of Barbara Cottage, Sutomo (Barbara's son), Patrick (Barbara's husband), House-mother Mrs Anju Tiwari & new residents Komal, Pooja, Anchal & Chavi (seated), Melody Smythe, & Susan Walsh



Ready for the Opening ~ Barbara Cottage ~ Raphael

VICTORIA

From Peter McConnell, President.

Following on from the Biennial Conference, Peter Newton, our President for the past 11 years, has accepted the role of National President of Ryder-Cheshire Australia. I have willingly taken over as President of Ryder-Cheshire Victoria. Our thanks to Peter Newton for his leadership and inspiration while in this position. I look forward to working with our committee and continuing our support for the relief of suffering.

Our Committee continues to support Raphael and Klibur Domin

OP SHOP Our volunteers staffed the Lions Op Shop at Mount Waverley, for the weeks commencing 30th November 2009 and 1st February 2010. We also have two further weeks at the Op Shop planned for this year, in May & December. **We need and would welcome any of our supporters who may be available to work in the Op Shop. Participation can be as little as a half day two or three times a year. If you would like more information or are able to join our roster, please ring Margaret McConnell on 9882 2164.**

FILM DAYS We are planning 2 Film Days per year. We recently held a film day for *"The Girl with the Dragon Tattoo"* This was another successful afternoon, and was an opportunity to introduce new faces to the work of the Ryder-Cheshire Foundation. Information on Ryder Cheshire is available at the Film Days, and we also have cards and soaps on sale.

Members of our Committee attended the Film *"Balibo 5"*, a fundraising event held in conjunction with the release of the film, and organised by Southbank Rotary Club.

PUBLICITY We now have a new banner for display at events. We also have a DVD and materials we can distribute as we present the story of Ryder-Cheshire. **Anyone knowing of opportunities for Committee members to speak on Ryder-Cheshire should contact Peter McConnell on 9882 2164.**

CARDS Sales of the Ryder-Cheshire Christmas cards have again been successful with an increase over the previous year. Ryder-Cheshire cards have a good reputation built up over the years, and they add to the public knowledge of our Foundation. Sales are largely through the card shops, and mail orders are increasing. Special thanks to Helen Newton, assisted by Florence Gough.

SOUTH AUSTRALIA/Mt.GAMBIER HOME

From Di McEwen, Secretary.

On Tuesday, 23rd March, Vice President, Olive Lane and husband, Pat, representing Ryder-Cheshire Foundation of South Australia, attended a garden party of Government House in Adelaide to meet His Excellency, Rear Admiral Kevin Scarce and his wife. Approximately 400 volunteers from around South Australia attended the occasion at which the South Australian Police Band entertained with beautiful music during the afternoon. The Governor is coming to visit Mount Gambier in April and will inspect our home for disabled young people.

Ryder-Cheshire Catering has been busy with a number of functions - monies raised helps with our fundraising.

SMALL BEGINNINGS

"One of the greatest things we can learn from Leonard Cheshire is that anything we can do, however tiny, is of value. Cheshire's own experience taught him over and over again that great works spring from humble beginnings".

Fr Bernard Hose SM, Cheshire VC

BALLARAT SUPPORT GROUP

From Dianne McGrath, Secretary.

CELEBRATIONS, FUND RAISING AND SPONSORSHIPS are the major fund raising activities of the Ballarat Support Group. Long time sponsorships for Raphael from the Ballarat community and beyond as well as a number of local schools assist the work at Raphael. Members have recently visited the Raphael community and have seen the wonderful work carried out there.

Publicity undertaken by the Support Group assists in keeping the knowledge and work of Ryder-Cheshire appreciated in the Ballarat area. Radio reports, newspaper articles, participation in exhibitions and membership on community groups all assist in sharing the understanding of the work at Raphael and Klibur Domin.

The Annual General Meeting elected a new executive for the year. Bernard, our President, tendered his resignation as did Janice Cook, our Secretary. Both have held their offices for a number of years and we have valued their leadership and their continuous wonderful work. Congratulations were extended to both of them. **The new Committee for this year consists of - Leo Rennie President, Janice Cook Vice President/Cards, Dianne McGrath Secretary/Newsletter, Patricia Prendergast Minute Secretary and Dorothy Carpenter Treasurer/Sponsorships. Other members have undertaken a variety of roles within the Committee. Hazel Luke Mailing List, Carmel Morgan-Wall Social and Maria Sozanski Media. The 2010 committee consists of thirteen members.**

Our exciting news is that Anita Rana, ex Little White House resident, is being married on 14th April this year in her home town of Dehradun. She and her new husband, Amit Janmejai, will make their home in Ballarat after their honeymoon in India. Leo, Helen and Claire Rennie and Robert Brookes will be attending the five day wedding. Our best wishes and congratulations are extended to the very happy couple. We eagerly await photographs of the gorgeous bride and groom.

A number of our members attended the 2010 Biennial Conference in Mt Gambier. We thank and congratulate the SA-Mt Gambier Committee on their hard work for a wonderful weekend of celebration, planning and sharing, with renewed and new friendships.

AUSTRALIAN CAPITAL TERRITORY

From Beverley Raby, President.

The project for 2010 is a membership drive, we hope to promote Ryder-Cheshire and attract new members. Because of the close relationship Canberra has with Dili, both politically and socially, such as the Canberra Friends of Dili Organisation provides an opportunity to increase membership. There are many residents in the area that have worked in or have knowledge of East Timor and are aware of the country and its needs.

Currently we have no members with a services background, so we will contact the relevant associations and especially promote the work of Klibur Domin which should appeal to the wider community.

I have only been president a short time, but believe succession planning is important in any organisation to ensure its continuity. Like most not for profit organisations in 2009 due to the financial downturn, fundraising was down. However our main event was able to proceed with a much smaller attendance than other years.

Our new Treasurer Mrs Lorraine Marlow, longstanding member and sponsor, took over when Mrs Margaret Sleigh retired. **We are grateful for Margaret's dedication and loyalty these past years and wish her and husband Dennis well in their retirement at Temora.**

ADELAIDE FRIENDS

From Trish Frith

The Adelaide Friends postponed the annual BBQ last November due to very hot weather. The date set is now Mother's Day the 9th May. The venue is the Sturt Cottage Museum at Grange. We are privileged to enjoy the grounds provided by the Trust. The house was the residence of the explorer Charles Sturt. The Adelaide Lions Club have generously donated meat and salads for a number of years, to assist our fund-raising. A trading table and raffle also add interest, especially as John Van der Sman is still our best raffle runner at aged 90 plus and Barbara Issacson is unstoppable with craft plants and cooking goodies.

November 2009 St. Oswald's Church, long time supporter, held a dinner, led by the enthusiasm of Bruce Rosier. This event was celebrating Raphael's 50th anniversary. A young student from East Timor was invited to speak. Judith Weston continues stacking and packing cards for the Charity Card shop in Adelaide. Cards sold well last year.

**New Friends and new ideas would be welcome ...
Please contact Judith Weston 82766282
or Trish Frith 85562604.**

SINGLETON SUPPORT GROUP

From Cheryl Nesbit

The Singleton Ryder-Cheshire home is in use by the Whitmore Group as an adjunct to their workshop, and provides daily accommodation for developmentally disabled young adults who are not physically able to attend the workshop. We have a contract with Whitmore for a further 12 months, but indications are that they wish to continue to use the house for as long as possible. The Whitmore group conduct a Daily Living Skills program, and the facility allows parents/carers respite during the daylight hours.

The spacious Victorian house is sited on two residential blocks with rear access and is two blocks, level walking, to the main street of Singleton.

The house is well maintained and was initially adapted for wheelchair occupant access. There is a memorial garden commemorating the work of Group Captain Cheshire and Lady Ryder.

Additional programs for the year include an Outreach plan to revamp the gardens and grounds, providing additional wheelchair accessible gardens. This is in conjunction with the local high school and TAFE.

The Committee continues to meet bi-monthly, and during the past two years we have maintained our Raphael adoption, and have forwarded to Klibur Domin the amount of AU\$11,583. These funds were used for hospital furniture, garaging, basketball court and an additional pump.

Donations to Ryder Cheshire Australia

*If you would like to support the work of
Ryder-Cheshire by means of a donation,
please contact*

*The National President, Peter Newton,
50 Myrtle Grove, Blackburn, Victoria 3130
Telephone 03 9894 3191*

DONATIONS OVER \$2.00 ARE TAX DEDUCTIBLE

NEW SOUTH WALES

From Christine Hannan, President.

The NSW committee has been hard at work over the last few months planning fund raising activities for 2010 as well as looking at ways of making the work of the Foundation more widely known.

Our final fundraiser for 2009, a raffle, was drawn early in December and it was pleasing to see that a number of the prizes were won by long-term supporters of the NSW Foundation. Response by members to both the raffle and to the sale of address labels was very encouraging.

The first project for 2010 is a dinner, which will be held on 22 May at Mary MacKillop Place in North Sydney. The theme of the dinner is 'An Indian Celebration' to acknowledge the 50th anniversary of Raphael and to celebrate the work of Barbara Lewis. This will be our first dinner since 2007, so we would like all our supporters to come along and enjoy a festive evening with us. The committee is also planning a film night, a card day, a lunch and a market stall for later in the year.

At the end of 2009, Maureen Murphy stepped down from her role as Card Coordinator, which she had carried out for the last seven years with great dedication. I would like to express my personal thanks to Maureen for her untiring efforts over this long period and I am sure all committee members would agree that she has made an outstanding contribution to our Foundation. We hope she will remain with us on the committee in the coming years.

The cards for Christmas 2010 have now been ordered and are currently being processed. We have also almost completely sold out of correspondence cards, so we are in the process of ordering some new designs, which should be available in the next month or so. We will inform our members about these cards when they are ready. The Christmas card brochure will be emailed and mailed to members at the usual time and we are confident you will be very pleased with the selection of cards, from which you will be able to choose.

A wonderful ceremony was held at Raphael on 25th March to mark the opening of Barbara Cottage, a special project funded by a bequest from the late Barbara Lewis. It was attended by Patrick, her husband, her son Sutomo and his partner, Susie, as well as Melody Smythe, the National Project Officer for India. There is a separate report in this newsletter of this moving event.

We congratulate our committee member, Christine Kassar Williams, and her husband Huw on the recent birth of their first child, a son, Owen.

To keep in touch with NSW news, remember to log on to our website. The website can be found at:

<http://www.rydercheshirens.w.wordpress.com>

Our ANNUAL GENERAL MEETING will be held on Monday 31 May 2010 at 7:15pm at 4 Rawhiti Street, Roseville. All are welcome to attend.

VICTORIAN SPONSORS FOR 44 YEARS

Ryder-Cheshire is blessed with having some very loyal supporters who have sponsored residents at Raphael for more than 40 years. **ONE SUCH GROUP IS THE DEEPDENE COFFEE GROUP, WHICH HAS BEEN A SPONSOR IN VICTORIA SINCE 1966.**

The Group started in 1961 when some mothers of children at the Terry Street Kindergarten in Deepdene started meeting regularly in each others' homes for morning coffee. In 1966, three of the Group (Maureen Rundle, Marie Fearon and Moya Knight) went to Odyssey House in Templestowe to hear a talk on Raphael by Josephine Collins. Josephine was most persuasive and the Group decided to sponsor a child at \$60 per year. From these small beginnings in 1966, the Group expanded its fundraising and to date has contributed more than \$20,000 to Raphael.

Morning coffees evolved into luncheons, then evening meetings and now back to luncheons about every six weeks. After these luncheons a cheque arrives from Marie Fearon, the Secretary for the past 30 years, to add to the growing total of money raised.

The Group has sponsored four girls over the years. They have regularly communicated with their "adoptees", and Christmas cards and letters are exchanged.

So from its humble beginnings as a social get together for the mothers of kindergarten children, the Group has evolved into a circle of friends in their Golden Years who have a deeply humanitarian focus and who have provided wonderful support for each other and for the disadvantaged people of India. Some of the original group are no longer with us, but new members have come along to enjoy the company of these special ladies and to support the residents of Raphael.

**RYDER-CHESHIRE AND RAPHAEL THANK THEM
ALL MOST SINCERELY FOR THEIR LOYAL SUPPORT.**

CONTINUING STORIES OF BALLARAT SPONSORS

One of Ballarat Support Group's long-time sponsors is Miss Joy MacDuff. Joy lives in Fortrose, Scotland. Joy has been a supporter of Ryder-Cheshire since the early 1970s. At that time, Joy was teaching at the Junior School at Ballarat (and) Clarendon College between 1973 and 1988 and was part of the Asha Fair held there every year.

The Asha Fair is still held at the school in December each year to raise funds to help the residents of Raphael. It was named after the first person that Ballarat College sponsored. The children work very hard to organise their own fund-raising activities, and contribute to a fun day helping others.

At the time Joy was at the Junior School, two boys and a girl from the Little White House were supported. Joy remembers one of the boys was Parminder, and the little girl was Anandhi. Joy personally sponsored 'Mangli' (Manglishwar) around 1980 until she left to take up a career in nursing. Since then, Joy has been providing a medical endowment for Usha who lives in Shiv Sadam. Her first photo of Usha was dated 1987.

**It has indeed been a very long association
with our friends at Raphael and we thank you
Joy most sincerely for your wonderful support.**

SPONSORS NEEDED ~

... to support the work of the
Ryder-Cheshire Foundations in
India and East Timor

MAKE A COMMITMENT TODAY !

For \$365 a year, you can help relieve the suffering and disadvantage of growing up in India or Timor Leste, with a disability, and in poverty.

Through the residential and outreach services of Raphael, in Northern India, and Klibur Domin in Timor Leste, many children and adults are being helped to achieve their potential and a life of fulfilment and dignity.

**Contact your nearest Ryder-Cheshire
Sponsorship Secretary for more information
about becoming a sponsor:**

AUSTRALIAN CAPITAL TERRITORY

Lorraine Marlow
61 Morrow Street Dunlop ACT 2615
Tel 02 6259 9283

BALLARAT SUPPORT GROUP

Dorothy Carpenter
PO Box 8W Ballarat West VIC 3350
Tel 03 5342 9022 E-mail johndanddot@hotmail.com

NEW SOUTH WALES

Maira Truskett
8/6 Coolum Place Yowie Bay NSW 2228
Tel 02 9526 6788 E-mail moira@truskett.com

SOUTH AUSTRALIA/ WEST AUSTRALIA

Johanne Sunnex
PO Box 236 Mount Gambier SA 5290
Tel 08 8725 4878 E-mail kiwisun@dodo.com.au

VICTORIA

Helen Trueman (*for Klibur Domin*)
26 Heath Street Blackburn VIC 3130
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THE NEXT ISSUE WILL BE PUBLISHED IN NOVEMBER 2010

State Reports and items should be ready to be sent by e-mail to
Evelyn Petters (petters@iinet.net.au) by 1 October 2010

ALL STATES AND CONTACTS WILL RECEIVE A REMINDER

Email or Australia Post??

In order to contain costs we are sending the newsletter to as many supporters as possible as a PDF attachment by email. If you would prefer to get a paper version in the post, that's fine, just let us know. Contact - antheaswann@bigpond.com Alternatively if you receive it by post and would be happy to receive email, send an email to the above address, and include your name, and current postal address (so we know where to stop posting to).